

# Uptake of rehabilitation-at-home following total hip and knee replacement surgery at a private hospital – a randomised controlled trial

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**Status** RECRUITING  
**Sponsor** Jason Wallis  
**Enrollment** 598 participants

## Plain Language Summary

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After having a hip or knee replacement, most patients can safely recover at home with support services like physiotherapy delivered in-home — but many private hospital patients end up staying in hospital longer than necessary. Research suggests this happens because patients are worried about whether it is safe to go home. This study is testing whether giving patients better, clearer information before surgery — specifically designed to address those fears and explain the benefits of home-based rehabilitation — helps more patients choose and use home care.

Patients scheduled for hip or knee replacement at participating private hospitals are randomly assigned to receive either the new improved information materials or the standard information. How many patients choose rehabilitation-at-home, their recovery outcomes, quality of life, and healthcare costs will all be compared.

You may be eligible if you are an adult scheduled for an elective, primary hip or knee replacement at a participating private hospital, live independently in the community, and have a RAPT score between 6 and 9 (which predicts likely home discharge with support). Emergency admissions are not eligible.

## Key Eligibility Criteria

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### Inclusion (3)

- Adults scheduled for elective, primary total hip or knee replacement surgery (THR or TKR) at the private hospital's two acute care sites
- Living independently in the community
- A Risk Assessment and Prediction Tool (RAPT) score of 6 to 9. This score range (6 to 9) predicts home discharge with additional intervention (e.g., rehabilitation-at-home).

### Exclusion (1)

- Patients admitted via the emergency department indicating a non-elective procedure will be excluded.

## Locations (2 total)

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Cabrini Hospital - Malvern - Malvern, VIC, Australia  
Cabrini Brighton - Brighton, VIC, Australia